opinionated?
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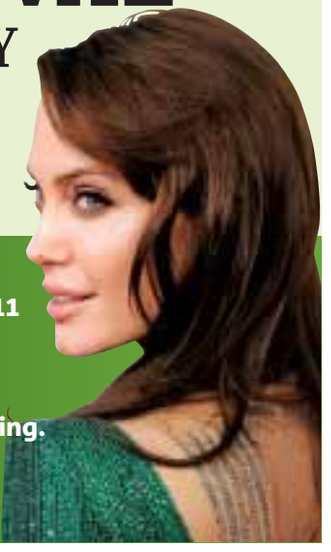
NEWS TALK SPORTS

SANTA CLAWBACK?
PARADE ORGANIZERS CROSSING FINGERS FOR A SPONSOR {page 2}

INK REMOVAL

CELEBS LASER AWAY TATTOOS, BUT AT WHAT RISK? {page 9}



LONDON metro®
Tuesday, November 1, 2011
www.metronews.ca
News worth sharing.

C-note strikes a chord

London man issues challenge to spur giving
Unique fundraising event picks up strong support online

ANGELA MULLINS
@METRONEWS.CA

Think $100 doesn't go far in today's economy? Andrew Schiestel is out to prove you wrong.

The 29-year-old Londoner has laid down what's appropriately called The $100 Challenge. The title, Schiestel said, pretty much sums up the idea.

"All we ask is that you show up with $100 in your hands and a willingness to be overly generous," he said yesterday, hours after launching the challenge on Facebook.

Schiestel invited more than 1,000 people on the social-media site, but said the actual event — 11 a.m. to 3 p.m. on Dec. 3 at Joe Kool's, 595 Richmond St. — is open to anyone.

"We would love it if at least 100 people showed up," he said.

That's how many people participated in last year's challenge: a do-good effort that started practically by accident.

The ball got rolling, Schiestel said, after he blogged about giving a homeless man $100. From there, some of Schiestel's friends got involved and bought toys, lunch pails and other items for a refugee family from South Africa.

Once that story hit the web, more people wanted to get in on the spirit of giving, prompting Schiestel to issue Londoners a formal challenge.

"It just went viral," he said.

You name it and there's a good chance someone participating in the challenge did it last year, Schiestel said.

While he used his $100 to buy drinks for people at a Starbucks, other approaches included buying pizza for people staying at the men's mission, dropping $20 bills from the second floor of Masonville Place mall and giving away $100 worth of bus passes.

Take the dare

To learn more about The $100 Challenge or to show your support, go to Facebook.com/100dollarchallenge

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50% OFF ANY SUB with purchase of a reg. fountain drink
Quiznos
Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Dec 24, 2011. CLU# 8030

1 news

A young Inuit walrus hunter tears up as he recalls how his life was saved by a rescue team that lost one of its members. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

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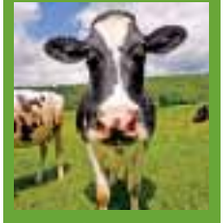

An animal-rights group vows to inundate police in Gatineau, Que., with angry letters over the shooting of two stray cows. Video at metronews.ca

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It's not cheap being green with energy

Ontario wants to start reducing the amount it pays to producers of wind and solar power.

The Liberal government has been paying big premiums for renewable energy as it tries to develop a new, green economy.

The province pays up to 80 cents per kilowatt hour for power from small solar projects while electricity consumers pay between five and 10 cents per kwh.

▶ Bentley

Energy Minister Chris Bentley says a scheduled two-year review of the feed-in-tariff rates will report back early next year after hearing from the public.

He says lowering the rates paid for green energy is "a natural progression" and has happened in other countries.

The government has already warned electricity prices for consumers will jump 46 per cent over five years as the province rebuilds its aging power system. **THE CANADIAN PRESS**

Dining out to aid Thailand

Bangkok Pad Thai Restaurant, 735 Richmond St., is raising money to help Thailand recover from flooding. The restaurant will match every dollar donated to the cause and will donate $14.50 for every special three-course dinner purchased. Call 519-433-6634 for details. **METRO**

Halloween. Treasure

▶ Clorinda White, 22, left, and Zach Freele, 25, both of London, sneak a peek at their 10-month-old son, Liam Freele, while waiting for a bus yesterday afternoon along Dundas Street.

ANGELA MULLINS/METRO

Dressing up for All Hallow's Eve is a family affair

Clorinda White and her fiancé, Zach Freele, decided to do-it-up for Halloween despite having no big plans for the holiday. Their infant son, Liam, is sporting a toned-down version of his dad's pirate costume.

Santa parade looking 'a little lean' this year

▶ This year's event is planned for Saturday, Nov. 12 at 6 p.m. ▶ Volunteers are accepting teddy bears, toonies and items for the London Food Bank all along the route that starts at Egerton and Dundas streets

ANGELA MULLINS
@METRONEWS.CA

Organizers of this year's Santa Claus Parade are expected to decide today how much the event will be scaled back to remedy financial concerns.

Shaun Merton, the parade's spokesperson, said volunteers are between $15,000 and $20,000 short of what's needed to pull off a spectacle similar to that in past years. It takes nearly $50,000 a year to organize the event, he said.

"This parade will go on (one) way or another," Merton said. "It may be a little lean, but it's going to go."

Since a lot of the entertainment is booked a year in advance, some groups have been put on notice that they may be nixed from the lineup. Some longtime entertainers have cut their price so organizers can afford to count them in, Merton said.

The biggest problem is the lack of a big corporate sponsors, he added.

Until about five years ago, the parade was organized by the local Jaycees, a non-profit group that used fundraisers to meet the budget.

When the Jaycees folded, a handful of volunteers stayed on to keep the parade going. But without the power of club fundraisers, the volunteers have been dependant on sponsors to help foot the parade bill.

Merton said the economy has taken its toll on businesses' ability to shell out extra dollars. While an 11th-hour corporate sponsorship would be nice, any donation will help, he said.

"Even $500, that pays for a few more clowns."

How to help

- People who would like to make a donation toward the Santa Claus Parade can call headquarters at 519-668-3576 or email shaun@londonsantaclaus-parade.ca.

Londoners invited to police meeting

The first of three London police community meetings is scheduled for tomorrow at 7 p.m.

Police are hosting the meetings to help ensure the 2013-15 business plan reflects what Londoners need in terms of service and programs. The focus will be on crime prevention, law enforcement, victims' assistance, public-order maintenance and emergency response. **METRO**

Community

- Two more meetings are scheduled for Tuesday, Nov. 15 (1 p.m., 7 p.m.).
- All meetings will be held at police headquarters.
- For more information, visit: visit police.london.ca.

METRO FILE

News in brief

Knights to make rounds at tables

JACK ASTOR'S. The London Knights will make a couple of public appearances this week. They'll be at Jack Astor's on Richmond Row tonight from 6 p.m. to 8 p.m., signing autographs, taking reservations, food and drink orders and busing tables. Tomorrow, the team hosts the Fleetway London Knights Kids Club skate at the JLC from 6 p.m. to 8 p.m. **METRO**

Shrek this spring

RBC THEATRE. Shrek the Musical is coming to London for two shows, April 2 and 3. Tickets go on sale Saturday at noon. Order online at johnlabattcentre.com. **METRO**

No progress in Occupy situation

Last Friday, protesters were granted an audience with members of London city council for a special meeting

There's no indication from Joe Fontana that members of Occupy London will be forced to take down a growing number of tents in Victoria Park anytime soon, despite a request to do so voluntarily last week.

As of yesterday, approximately 45 tents were set up in the northwest corner of the park, nearly twice as many as there were a week ago.

"I worry about their health and safety. It's getting cold," Fontana said.

"There are a number of functions going to be taking place in the park in the next little while. I continue to be concerned that there are liability issues for the city, and therefore we expect people to abide by our bylaws."

Despite repeating his desire for the occupiers to leave, Fontana again refused to set a deadline.

Last Wednesday, in a joint statement with London's chief of police,

"The fact is that I have spoken to (the protesters) on a number of occasions, at my town-hall meeting, at city hall."
JOE FONTANA

Fontana asked the protesters to remove their tents voluntarily. In the days that have followed, the opposite has happened. There have been more tents set up in Victoria Park, and protesters say they're preparing their tents for the winter.

Police Chief Brad Duncan said in an emailed statement: "At this time, police continue to mediate and meet with Occupy London participants on a daily basis." AM908/AM980.CA

Mayor to pull switch to light purple tree

The London Abused Women's Centre opens Woman Abuse Awareness and Prevention Month tonight with a Lighting of the Lights ceremony at the northwest corner of Victoria Park at 6:30 p.m.

Mayor Joe Fontana will pull the switch as a single tree will be set aglow in purple lights throughout the month of November as part of the Shine the Light on Woman Abuse campaign.

Also expected to attend are police Chief Brad Duncan and a number of city councillors. METRO

Time to purplify

- The goal of the campaign is to raise awareness of woman abuse by turning the City of London purple for November. Nov. 15 has been designated Wear Purple Day. Londoners are encouraged to wear purple on this date.

Boxer falls in finals

Kyle Millette of the Ring London Boxing Club lost to defending Ontario champion Andre Stewart at the provincials held in Sarnia over the weekend. The 175-pound Millette dropped the three-round bout 19-7. METRO

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Public Notice Regarding the Ministry of Health and Long-Term Care's ("ministry") Collection, Use and Disclosure of Information under the *Narcotics Safety and Awareness Act*, 2010

The *Narcotics Safety and Awareness Act*, 2010 ("Act") authorizes the Minister of Health and Long-Term Care ("Minister") and the Executive Officer of Ontario Public Drug Programs ("Executive Officer") to collect, use and disclose information, including personal information, that relates to the prescribing and dispensing of narcotics and controlled substances ("monitored drugs") in Ontario, for the purposes of the Act. The purposes of the Act are to

- promote appropriate prescribing and dispensing practices for monitored drugs
- identify and reduce the abuse, misuse and diversion of monitored drugs, and
- reduce the risk of addiction and death resulting from the abuse or misuse of monitored drugs

Section 8 of the Act permits the Minister and the Executive Officer to direct a prescriber (e.g., doctor, dentist), a dispenser (e.g., pharmacist) or an operator of a pharmacy to disclose information about the monitored drugs they prescribe or dispense, to the Minister or the Executive Officer. For example, the Minister and the Executive Officer may direct the disclosure of information regarding

- the prescriber of the monitored drug (name, address, registration number)
- the person for whom the monitored drug is prescribed (name, address, date of birth, gender, unique number appearing on a form of identification listed on the ministry's website)
- the monitored drug itself (name, strength, quantity, length of therapy, directions for use, drug identification number, prescription number, date of prescription, date of dispensing)

In addition, if a person who has been prescribed a monitored drug authorizes someone else to pick up the drug from a dispenser, the Minister or the Executive Officer may direct a dispenser to disclose certain personal information about that person to the Minister or the Executive Officer (i.e., the person's name and address, and the distinguishing number appearing on a form of identification that verifies the person's name and address).

Once this information has been collected, the Minister and Executive Officer may only use or disclose it as permitted or required by the Act, the *Freedom of Information and Protection of Privacy Act*, and the *Personal Health Information Protection Act*, 2004. For example, subsection 5.(5) of the Act permits the Minister and the Executive Officer to disclose personal information about a person who has been prescribed a monitored drug, to a prescriber, a dispenser or an operator of a pharmacy who has prescribed or dispensed such a drug to the person in the past.

The Ministry's statement of information practices, available at **www.ontario.ca/privacy**, describes how and for what purposes the Ministry may use and disclose personal health information in accordance with the *Personal Health Information Protection Act*, 2004.

For more information, please call the Ministry toll-free or visit our website.

- Telephone INFOline at: 1-866-532-3161 (Toll-free in Ontario only) or TTY 1-800-387-5559
- Visit the Ministry's website at: **www.ontario.ca/narcoticsstrategy**

Ontario

Occupy an intrusive holiday guest?

Halifax mayor fears for city's Christmas fest ◗ Winnipeg campers settle in, expect Internet hookup

From evictions — forced and voluntary — to a dispute over a rat infestation: Here's a look at what's going on in Week 7 of the Occupy protests.

NOVA SCOTIA

Occupy Nova Scotia protesters temporarily relocate for Remembrance Day but their occupation of Grand Parade isn't over.

Protesters issued a press release late Sunday saying they would leave the area out of respect for Remembrance Day, and relocate to a nearby park.

But Halifax Regional Municipality says it has plans for a public parade during the upcoming holiday season, and the city's mayor asked protesters not to return at all.

WINNIPEG

If Winnipeggers aren't quite sure why there are people camping in Memorial Park, they're not the only ones.

When asked about the Occupy Winnipeg movement, now entering its third week, Mayor Sam Katz was mystified.

"What are they trying to accomplish? I personally don't get it," Katz told media late last week.

VANCOUVER

The Downtown Vancouver Business Improvement Association wants Occupy Vancouver's tent city shut down after reports of rats scurrying across the lawn of the Vancouver Art Gallery.

"If there was a rodent problem at a restaurant, it would be shut down. It's the same protocol," said Charles Gauthier, executive director of the DVBIA.

VIRGINIA

Police cleared out a plaza in Richmond, Va., early yesterday that had been home to Occupy Wall Street protesters, ordering out dozens of people who had encamped there since Oct. 17 and arresting those who refused to leave.

Dozens of protesters were also arrested Sunday in Texas, where they clashed with police over food tables.

METRO/ WITH FILES FROM THE ASSOCIATED PRESS

FRANK FRANKLIN/THE ASSOCIATED PRESS

▶ Pedalling for battery power at Occupy Wall Street.

"Please accept these humble donations. I am poor and am fighting foreclosure, but if you are willing to occupy and keep this message alive, I will support you." ANONYMOUS

"Dear 99ers! It is gratifying to watch you channel your righteous anger into organized and active resistance." HENRY KING, GLASGOW

"The movement is growing, but if leadership doesn't emerge soon, then it will turn into an unruly mob scene. At all costs, this has to be prevented." AL ROSS, FLORIDA

"Here are some cookies for the demonstrators. I will keep sending them as long as you keep protesting." BETTE SNYDER, OHIO

"I'm in your shoes and on your side!" ANNE ROWINSKI, MAINE

"I feel inspired in a way that I haven't been in years." STEVE ISKOVITZ IN PITTSBURGH

SINCE THE PROTESTS BEGAN ON SEPT. 17, VOLUNTEERS AT ZUCCOTTI PARK SAY THEY'VE RECEIVED ABOUT 2,000 LETTERS FROM THE UNEMPLOYED, COLLEGE STUDENTS IN DEBT AND GRANDMOTHERS WORRIED ABOUT FINANCIAL STRUGGLES OF YOUNGER GENERATIONS. TO VIEW MORE, VISIT OCCUPYWALLSTREETCAREPACKAGES.TUMBLR.COM.

"(OWS) offers something that has been in very short supply these days — hope. Hope that maybe we can make a difference." ANONYMOUS

"I can honestly say for the first time in my cynical, contrarian years that I am damn proud to be an American!" ANONYMOUS COLLEGE STUDENT

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Charges laid after lengthy Vancouver riot probe

PHYLICIA TORREVILLAS IN VANCOUVER

JENNIFER GAUTHIER/METRO FILE

▶ A man strikes a burning vehicle with a hockey stick during the June 15 Stanley Cup riot in Vancouver.

Nearly five months after mayhem tore through the streets of Vancouver, the Vancouver Police Department has announced the first 163 charges recommended against 60 people who allegedly took part in the Stanley Cup riot.

"This is just the beginning," police Chief Jim Chu said yesterday, adding some of the recommended charges include mischief, break-and-enter and participation in a riot.

Chu stressed that the 50 men and 10 women represent only the beginning of those charged for looting, burning cars and damaging property following the June 15 riot.

The chief also took aim at those who criticized the length of the riot investigation.

"There have been those who told us our decision to be thorough was wrong," he said.

Chu said that their thorough investigation has led them to more substantial charges in several cases.

Marriage fraud may be linked to underworld

Canada's border agency has opened more than three dozen criminal investigations related to marriage fraud in the last few years.

Newly released documents also show the Canada Border Services Agency has begun a probe of possible organized criminal involvement in arranging marriages of convenience to attain status in Canada.

39 From 2008 through the end of last year, the border agency opened some 39 criminal investigations of suspected marriage fraud.

THE CANADIAN PRESS

Economy up in August

Summer numbers were better than expected Energy sector boosts third-quarter growth

A surging energy sector gave a healthy 0.3 per cent boost to the economy in August, suggesting Canada rebounded much more strongly than believed during the summer, following a surprising dip in the spring.

Statistics Canada also upgraded July's gross domestic product a tick to 0.4 per cent yesterday, which places the economy on track to post a strong three per cent gain in the third quarter.

Following an 0.4 per cent contraction in the second quarter, and expectations of softness due to the market turmoil that took hold in July, some analysts had speculated it was possible for Canada to have suffered a technical recession of two negative quarters over the summer.

"The recession chatter ... looks pretty ridiculous in light of almost four per cent GDP growth in the latest three months."
DEREK HOLT, SCOTIABANK

But that is no longer in the realm of possibility, given the bigger than expected numbers in the first two months.
THE CANADIAN PRESS

Airlines. Unions

▶ Striking workers of Philippine Airlines shout slogans in support of the striking employees of Australia's Qantas Airways during their picket at the Qantas office at Makati City, Philippines, yesterday .

BULLIT MARQUEZ/THE ASSOCIATED PRESS

Qantas strike ends

Qantas Airways planes returned to the skies yesterday after an Australian court ruled on a bitter labour dispute that had prompted the world's 10th-largest airline to ground its entire fleet.

2nd Wheat Board director resigns

A second elected farmer representative has resigned from the Canadian Wheat Board over the fight to preserve its monopoly.

"The current board hasn't been listening to producers," Jeff Nielsen, who farms near Olds, Alta., said yesterday. "Their farms are needing of new opportunities and new chances to make their businesses profitable."

Last week, Henry Vos, one of three farmer-elected directors currently from Alberta, resigned over board chairman Allen Oberg's refusal to bow before the wishes of Agriculture Minister Gerry Ritz and the federal Conservative government.

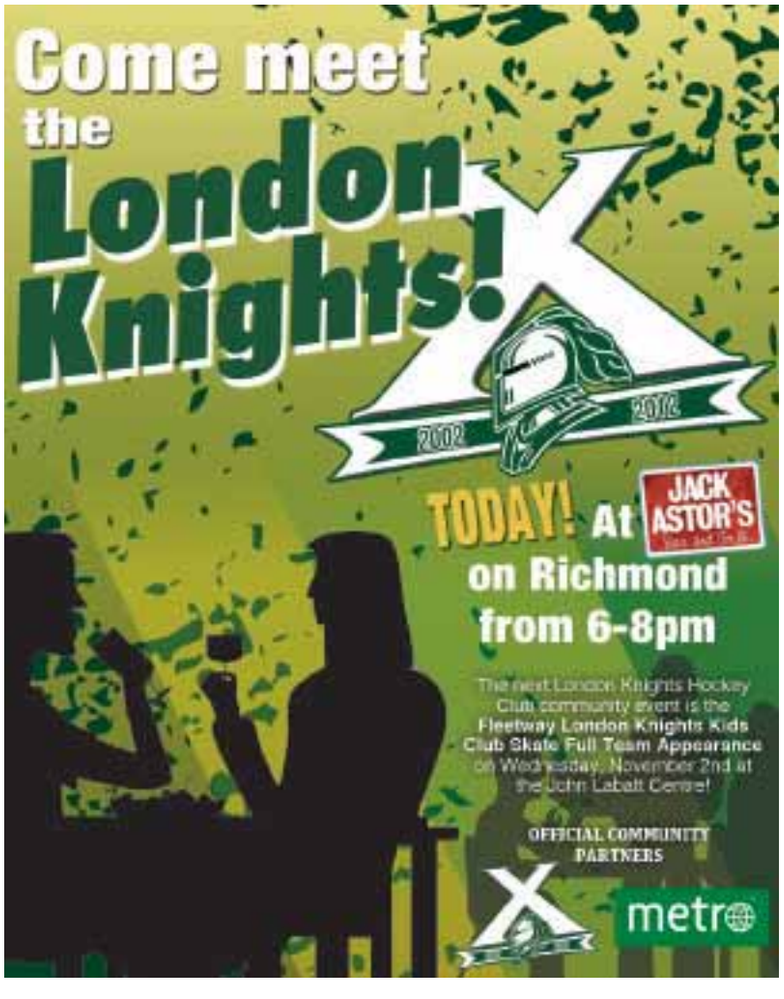
It leaves Oberg, who is from Forestburg, Alta., plus seven other directors from Saskatchewan and Manitoba, as the last farmer-elected representatives. **THE CANADIAN PRESS**

60 **The Winnipeg-based Canadian Wheat Board has controlled the sale of western wheat and barley for more than 60 years.**

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas	Gold
- 267.46 (12,252.06)	- 0.49¢ (100.33¢ US)	- $0.13 US ($93.19 US)	$3.934 US (+ 1.1¢)	$1,725.20 US (- $22)


Come meet the London Knights!
2002
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TODAY! At JACK ASTOR'S on Richmond from 6-8pm
The next London Knights Hockey Club community event is the Fleetway London Knights Kids Club Skate Full Team Appearance on Wednesday, November 2nd at the John Labatt Centre!
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SHHH! DON'T TELL ANYONE

SHE SAYS ...

JESSICA NAPIER
METRO

You can't deny the thrill of sharing a secret, especially when that secret isn't really yours to tell. According to a 2009 British study, women who were told a secret were likely to bite their tongues for an average of just 47 hours and 15 minutes before blabbing. That's less than two full days, and frankly,I'm not surprised.

In an age of celebrity blogs and constant social networking, over-sharing is now the norm, while keeping a secret has become a lost art.

As trivial as it might be, gossip is a guilty pleasure that just won't quit. It's what keeps US Weekly in business and it's why Perez Hilton isn't working at a Taco Bell.

Sharing secrets can serve many purposes. Some find it to be a positive form of catharsis, others use gossip as a communication tool to network or bond with a group, and some just get a twisted schadenfreude-esque delight out of the pain and suffering of others.

Anyone who tracks the ups and downs of Jennifer Aniston's love life — you can go ahead and put yourself in that third category.

"So does privacy count for nothing any more? We're posting, sharing and consuming an unhealthy amount of information about each other and ourselves; isn't it time we start re-learning the art of keeping secrets."

And it's not just other people's secrets that we have trouble keeping. We feel entitled to the intimate details of others, and, in turn, believe our own personal lives should be of interest to everyone else.

We've become so accustomed to living our lives online that we don't even blink as we share the minutiae of all our milestones — birthdays, engagements, babies, divorces — with friends, family, future employers and hundreds of acquaintances we barely even know.

So does privacy count for nothing anymore? We're posting, sharing and consuming an unhealthy amount of information about each other and ourselves; isn't it time we start thinking about relearning the art of keeping secrets?

To clarify, secrets are not lies. I'm not condoning deceit, just the idea that sometimes withholding information is better than putting it all out there. Keeping secrets amongst our friends and lovers can actually be healthy. I mean, isn't it nice to keep some of the mystery alive?

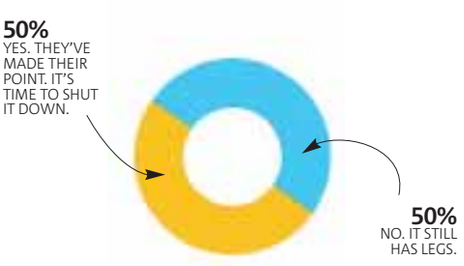
Here are just some things that are better kept to yourself: your nauseating pet names for your partner, status updates on that skin rash you've been dealing with, photos of pelvic bones, weekly measurements of your expanding "baby bump" and anything involving your bathroom habits.

Please, folks, do away with full disclosure and realize that not every part of your life belongs to the Internet.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Has the Occupy movement gone on long enough?



Local tweets

- **@michael usling:** Downtown London getting my passport renewed. Everyone is scary but no ones in costume. #ldnont #Halloween2011
- **@harrisonpensa:** Happy Halloween! Which neighborhood has the lion share of trick or treaters in #ldnont? I hear Berkshire Village is very high on the list.
- **@yourHiNish:** if you're in the market for a good girl...you probably picked the wrong city - but i am just lovvvvin it #ldnont
- **@Ayricka:** Stupid lady, tells everyone the bus isn't coming when I can see it right in front of me. Look up! #ltc #ldnont
- **@SabrinaLoeprich:** Awh #uwo day care you are TOO cute
- **@rob_paterson:** In lab, students arguing over whether Assassin's Creed or Arkham City is the better game. #fanshawe
- **@the_Jasser:** Question of the hour... DO I want Smokes Poutine for lunch, or a Burger n' Fries from Kool's !? #ldnont
- **@CodyMclean:** 3 kids from my marketing class have a job. #icanteven #uwo

Letters

The country is heavily in debt, we are heading into a double-dip recession and what is this so-called Conservative government doing? Well, why not spend a fortune and add more seats to the House of Commons. Yes, indeed, more MP salaries, expensive staff and money flushed down the toilet yearly. Reduce the amount of seats where the provinces are over represented such as Quebec. This fixes the problem without costing a fortune.

ANTHONY SILVESTRO
OTTAWA

RE: Protecting Lightfoot's legacy, published Oct. 31

Thank you for the interesting reading about the Canadian musical legend.

He may be a "mean drunk and a bad husband," but the immutable fact remains — his music transcends any personal flaws he might have. He is one of the few Canadian music icons popular worldwide.

I judge the High Priest of Canadian music only on the basis of his fabulous, immortal music for which I am, forever, thankful — nothing else.

HARRY S. ANCHAN
CALGARY

photo of the day

This photo titled Night Lights was submitted to the Photo of the Day category by Artur Andronic from the U.S.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Man severs arm with homemade guillotine

Bellingham police have dismantled a homemade guillotine apparently used by a man to sever his right arm at a transient camp in Washington.

Sgt. Les Gitts says police saved only the heavy metal plate used as the blade, in case it is needed for evidence.

Gitts described the guillotine as "pretty elaborate." It was out of sight in a wooded area until police investigated Thursday after the injured man walked into a clinic, leaving his arm behind.

According to Fox News, police say the guillotine unexpectedly dropped on the man's shoulder.

Police searched the area and found the guillotine and the severed arm. He was airlifted to Harborview Medical Center in Seattle in hope it could be reattached.

Gitts said yesterday he didn't know if that was successful. The hospital wouldn't say for privacy reasons. The man was in satisfactory condition yesterday.

Officers say the device was constructed from wood the man found by scavenging the local area.

THE ASSOCIATED PRESS

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New album from Amy

Collection of Winehouse work to be released in December by musical partners Mark Ronson and Salaam Remi Posthumous release a 'fitting testament' to the singer

A new album of recordings by the late soul singer Amy Winehouse will be released in December, Island Records said Monday.

It said Lioness: Hidden Treasures will contain 12 songs — previously unreleased tracks, alternative versions of existing hits and brand new songs — recorded by the beehive-wearing singer who died at her London home on July 23.

The label said Winehouse's longtime musical partners Mark Ronson and Salaam Remi had spent time since her death listening to recordings of the singer, who many said never sang or played a song the same way twice.

Island Records said the duo quickly realized that they had "a collection of songs that deserved to be heard; a collection of songs that were a fitting testament to Amy the artist and, as importantly, Amy their friend."

The album — Winehouse's third after Frank and Back to Black — will be released on Dec. 5.

Ronson and Remi compiled the tracks in collaboration with Winehouse's family, management and the label.

Winehouse's final studio recording — a cover of Body & Soul sung with Tony Bennett — will be included in the album.

The singer's father, Mitch Winehouse, said he had never before heard another one of the tracks, Halftime, and described the song as "just incredibly beautiful."

"If the family had felt that this album wasn't up to the standard of Frank and Back To Black we would never have agreed to release it and we believe it will stand as a fitting tribute to Amy's musical legacy," he said in the Island Records statement.

A donation of $1.60 from the sale of each album in the U.K. will go to a foundation to assist disadvantaged children and young adults set up in the artist's name following her death.

Last week a British coroner ruled the Grammy-winning singer died from accidental alcohol poisoning when she resumed drinking after weeks of abstinence.

The 27-year-old Winehouse had fought a very public battle with drug and alcohol abuse for years, and there had been much speculation that she died from a drug overdose.

THE ASSOCIATED PRESS

STUART WILSON/GETTY IMAGES

▶ Longtime musical partners of Amy Winehouse are working on a posthumous album for the singer, which will be released in December.

Winehouse at a glance

- **Born:** Sept. 14, 1983 in Southgate, London, England.
- **Discography:** Frank (2003), Back to Black (2006)
- **Achievements:** After Frank, Winehouse won an Ivor Novello award for song-writing. Back to Black was the bestselling album in the U.K. in 2007. That same year, Back to Black enters the U.S. Billboard and becomes the highest debut for a U.K. female.
- **Died:** July 23, 2011 after consuming a 'very large quantity of alcohol' according to a pathologist at the singer's inquest. Winehouse was 4.5 times over the legal drunk driving limit.

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Beginners
Genre: Comedy
Director: Mike Mills
Stars: Ewan McGregor, Christopher Plummer, Melanie Laurent

Love can be so awkward. Consider the predicament of Hal (Christopher Plummer, never better). Now that his wife of 44 years has died, he's decided, at 75, that it's time to come out as the gay man he's always (secretly) been. Hal's transformation involves a complete wardrobe change, a decades-younger boyfriend (Goran Visnjic) and considerable adjustment on the part of his son Oliver (Ewan McGregor).

In flashbacks and vignettes set to a Vaudeville-era soundtrack, these delicate story threads are teased out. Remarkably, Beginners' disjointed narratives don't test our patience. Instead, director Mike Mills' characters become more endearing.

PETER HOWELL

Cars 2
Genre: Animation
Directors: John Lasseter, Brad Lewis
Stars: Owen Wilson, Larry the Cable Guy, Michael Caine

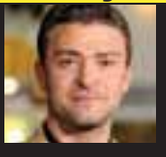
Pixar's 'toon machine spins its wheels with this low-octane sequel to Cars, its 2006 clunker.

The movie opens like a James Bond picture, with an Aston Martin (voiced by Michael Caine) seeking to infiltrate an oil rig in the middle of the Pacific Ocean. Back in Radiator Springs, race car Lightning McQueen (Owen Wilson) and his tow truck sidekick, Tow Mater (Larry the Cable Guy), are preparing for their own international adventure that involves green energy. This Pixar product, its treads thinning, is aimed primarily at younger kids (toys?). It's a case of money driving over art.

PETER HOWELL

2 scene

Scene at a glance



Justin Timberlake admits he's got a thing for Pippa Middleton — but then so does every man in America, according to the singer. "Us American males are big fans of Pippa," he tells the U.K. edition of Esquire. "We like the Middletons very much. I'm going to sound like a sleazeball. I'm going to stop right there!"

THE ASSOCIATED PRESS

Review: Amiable memoir The Garner Files shows James Garner a Hollywood maverick at heart

Celebrity tweets

Mother nature is dressing up Fall as Winter for Halloween this year!

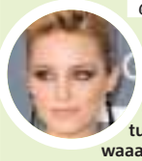
@MellyJHart

@JohnCleese

My dearest, most darlingest, twaterers, Thank you for all your birthday wishes!!! 27 is such a lovely age to be. I love you all!..

@ActuallyNPH

Hope everyone partied it up last night, costume-style! Send me pics. I wanna see what you wore.



@DiannaAgron

So I guess there is no sexy version of my costume and I am waaaaayyy OK with it.

A Twilight turn-on

▶ Kristen Stewart

The new Twilight film features a love scene that was steamy enough to originally earn it an R-rating — and star Kristen Stewart wasn't surprised. "There are two big sex scenes in the two [final] films," Stewart tells the U.K. edition of Glamour. "It was so weird, it didn't even feel like we were doing a scene within a Twilight film."

METRO

AND IT'S OVER, 72 DAYS LATER

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

A whole 72 days after walking down the aisle with NBA player Kris Humphries, Kim Kardashian filed for divorce yesterday morning.

The unhappy couple is not seeking an annulment, and Kim checked off the usual "irreconcilable differences," asking the court to deny spousal support to Humphries.

It's the second divorce for Kim — who split with music producer Damon Thomas in 2004 after four years of marriage — and the first for Humphries, who was blindsided by the filing, according to TMZ, and is "bummed."

As it's all but impossible to remember, they very loosely tied the knot on August 20 at a ceremony that was estimated to cost around $10 million. (You somehow missed that? A re-run of the two-part, four-hour Kim's Fairytale Wedding: A Kardashian Event is scheduled to air from 8 a.m.-noon on E! today.)

We're not saying we're perfect over here, but we would have had the decency to fake it for 18 months or so. Seriously, we've committed to packs of gum for longer than 72 days.

TODAY'S THE WORD IS WRITTEN BY MONICA WEYMOUTH

ALL PHOTOS GETTY IMAGES

▶ Kim Kardashian

By the numbers

Kim's marriage broken down:

- **72 days** The length of Kim and Kris' marriage
- **20.5 carats** The size of her engagement ring
- **$2 million** The cost of said rock
- **$25,000** Speculated cost of her Vera Wang gown
- **$10 million** Reported cost of the August 20 ceremony
- **$17.9 million** Estimated amount they raked in from the wedding

Shorter nuptials

Filing for divorce after 72 days is a true gift to gossip columnists rendered delirious by Halloween candy. But these stars untied the knot even faster:

- Britney Spears and Jason Alexander: 55 hours
- Carmen Electra and Dennis Rodman: Nine days
- Drew Barrymore and Jeremy Thomas: Six weeks

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Laser tattoo removal — solution or scar?

Having your first love's name inked on your buttocks seemed like a great idea A decade later, you wish you didn't have a constant reminder of your first heartbreak Is tattoo laser removal really effective, or will it leave you permanently scarred? Metro tries to find out

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Tattoos are a taboo. At least they used to be. As a rebellious teen your parents warn you against them and as an adult they reflect badly in the work place. Now, thanks to celebrities including Angelina Jolie, David Beckham and Megan Fox, a tattoo is more body art than ex-gangster.

What happens when you can't stand it anymore and want to have it removed? According to tattoo artist Saira Hunjan, you can never be sure you'll never regret a tattoo.

"Choose the right artist, style, design and meaning behind it. Only then will you be likely to be proud to wear it forever."

The obvious answer is to never cruise into a tattoo parlour on a whim. Getting a tattoo isn't like getting a haircut. If it goes wrong, you can't wait until it grows out.

"It's really important to find an artist with real expertise. The best can have a long waiting list but it's worth waiting," advises Hunjan.

An ex lover's name is amongst the most common tattoos people want covered or removed.

"It's best to design something that symbolizes the way they feel about that person rather than their name," says Hunjan.

Laser removal is one of the only options, but how safe is it?

Tattoo removal specialist Dr Alex Kaplan explains how choosing the wrong clinic or laser can leave your skin permanently damaged.

"Older methods of tattoo removal involved burning, scraping or cutting out the tattoo. Thankfully, today's Q Switch laser is light years ahead," says Kaplan.

HANDOUT

Saira Hunjan gives some advice on never regretting a tattoo.

Megan Fox before and after

Tattoo pigment is hard to remove.

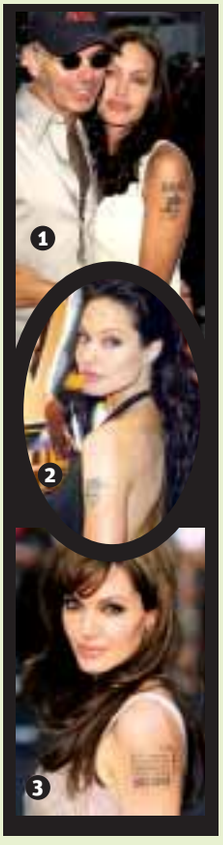
"The pigment injected into the lower layers of skin becomes sealed away by a tough network of collagen fibres and it isn't easy to remove the tattoo pigment without affecting the surrounding tissue," adds Kaplan.

The Q switch laser is a rapid, high-energy laser beam applied at different wavelengths (depending on the tattoo's colouring; red, black and blue ink are the most receptive colours; green, yellow and white the least). The process is painful but then again if you could stand the pain of a tattoo, you should be able to bear this.

Better yet, get a tat you like and stick with it.

"A tattoo should mark a significant memory and emotion in your journey through life," says Hunjan. "So take your time when choosing."

Angelina's tattoo story



1. Angelina Jolie tattoos on her arm the name of her husband, Billy Bob Thornton.
2. They divorce and Jolie has his name lasered
3. Billy Bob and the dragon have been replaced by tattoos representing the gradients of her kids (and most recently Brad's) birthplace.

3 life

A new study

Men and babies

Women shouldn't be the only ones to worry about the ticking of their biological clock. A new study shows that male fertility also declines with age. If by the age of 45 a man is still childless and wants a family, he should start. Past that point and the chance of conceiving could drop to 35 per cent.

METRO

Vicious circle: Diabetics prone to gum disease, which can worsen glucose control

Do you have insomnia? Or just sleep paranoia?

Recent U.K. study shows you may be getting more sleep than you know

Tossed and turned all night? Actually, you may have slept more than you thought. A comprehensive review of sleep research done in the U.K. found that people with insomnia tend to overestimate the time it takes them to fall asleep and underestimate the amount of sleep they got.

"Misperception of sleep is a ubiquitous (though not universal) phenomenon among patients with insomnia," says Prof. Nicole Tang from Keele University in Staffordshire, U.K., who studies sleep.

Knowing that you're getting more sleep than you thought may help you relax and stop worrying.

GETTY IMAGES

▶ Rest assured — you're probably getting the sleep you need.

It's common for people to lose sleep if they are stressed, excited, worried, jet lagged, or kept awake by loud noises.

"Remember the last time when work was stressful, you had too much coffee in the evening, the night before an important job interview, after coming home from an exotic holiday or the night when your neighbour decided to have a loud party?" asks Tang.

To avoid sporadic insomnia, it's a good idea to exercise regularly, eat a healthy diet and keep a regular sleep/wake pattern. According to Tang, sleeping well doesn't necessarily mean sleeping through to the morning without waking up.

"This may be an idealized picture of how sleep should be, as many good sleepers wake up several times in the night too," she says.

If you feel that your insomnia is out of control, Tang suggests keeping a sleep diary then visiting your doctor to get help.

CELIA MILNE

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

6 tips for a good night's sleep We went to the director of a sleep lab, Leon Lack, and asked him how he gets a good night's sleep — so he can practise what he preaches when he speaks to clients:

1. "Exercise is excellent for a good sleep." It reduces mental stress, for one thing. But don't do it just before bedtime or you may be awake longer.

2. "Drink coffee in moderation." And he avoids it in the afternoon or evening. It can contribute to sleep problems, especially if you have more than three caffeinated drinks a day.

3. "Avoid large meals within 2 or 3 hours of bedtime." And, don't drink alcohol as a way to help you sleep; your sleep quality will be poor.

4. "Have a standard bedtime routine." Relax in the hour before bedtime, and try to go to bed and get up at the same time each day for consistent amounts of sleep.

5. "Maintain a comfy sleep environment." It's different for everyone, but our expert has a supportive mattress and pillow, and a dark bedroom."

6. "Make sure the room isn't too hot." Most people sleep best in a cool room — so take off that extra quilt.

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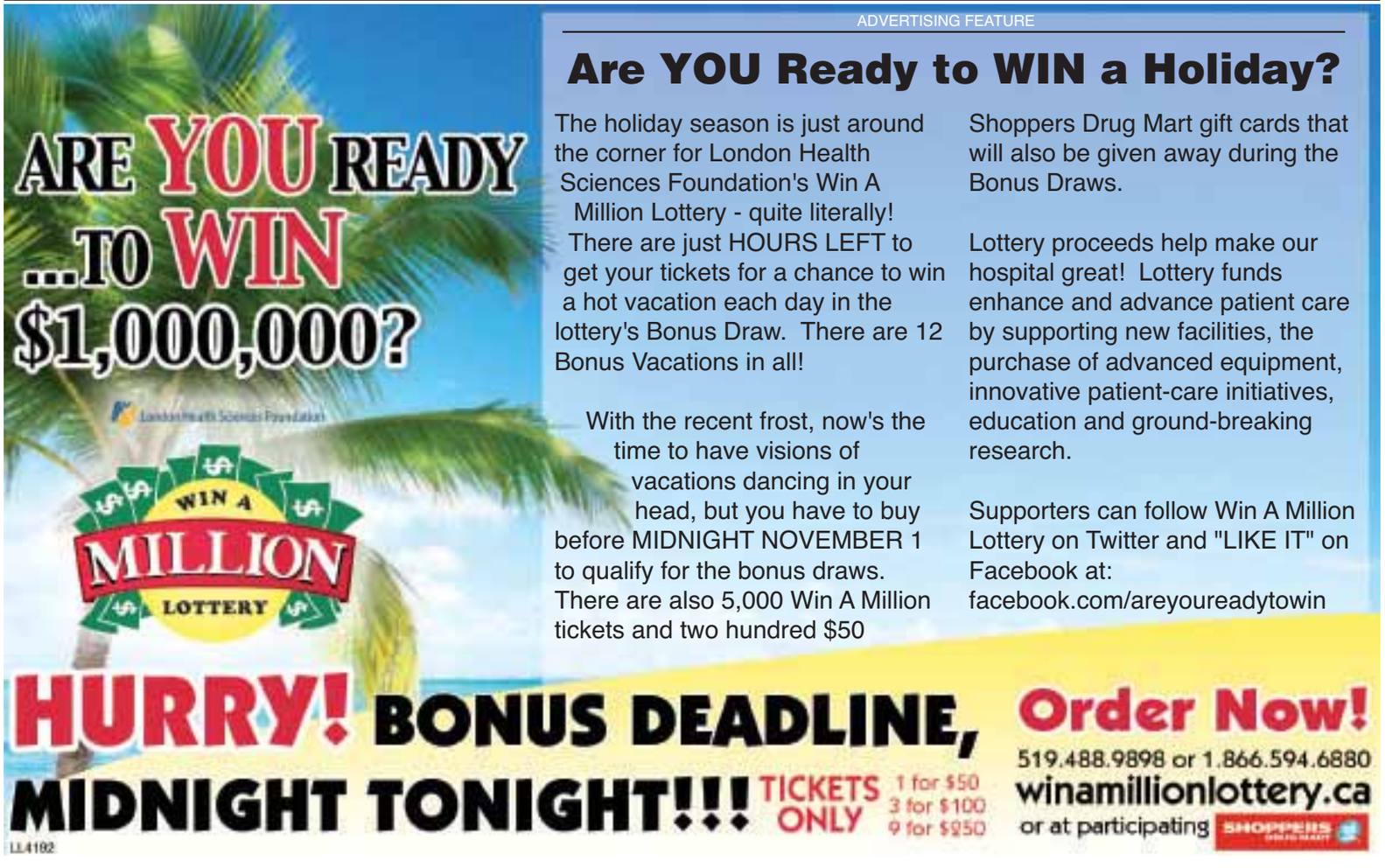
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Wave hello to a reliable lunch

The Wave Restaurant and Bar on UWO's campus provides expected options like salads, pastas & burgers as well as tasty twice-weekly specials

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

PAUL MITCHELL

▶ Buffalo Chicken Wrap with salad ($11.49).

The Wave provides a decent sit-down experience for the UWO community and visitors alike. Run by the student union, it offers few surprises but is solidly reliable.

More cafeteria than pub, the wide-open space is filled with lots of booths, windows and natural light. Modern dark wood decor and natural colours are complemented by a buzz of busy voices and upbeat pop music.

The two reasons for visiting are the twice-weekly Pad Thai special ($12.25) and the Buffalo Chicken Wrap ($11.49). Although you can order expected selections of salads, pastas and burgers (Kevin Bacon Cheddar for $11.99), I go with the tasty wrap.

Service is slow and somewhat inexperienced but friendly.

The soft flaky wrapping surrounds three breaded chicken strips smothered in wing sauce that brings heat. More filling than it looks, fresh salad balances everything with out a sour/sweet balsamic.

For an unsurprisingly dependable meal, The Wave will nourish you.

The Wave Restaurant & Bar
2nd Floor, University Community Centre, UWO
519-661-3007
Quick solo lunch: Yes
Co-worker lunch: Yes
Price range: $7.49 - $13.99
Rating: 3.5 out of 5

MATTHEW MEAD/ THE ASSOCIATED PRESS

Sweet Watermelon Rind Relish

Ingredients:

- 5 ml (1 tsp) each whole cloves and allspice
- 1 l (4 cups) watermelon rind, green skin removed, cut into 5-mm (1/4-inch) chunks
- 375 ml (1 1/2 cups) sugar
- 250 ml (1 cup) red wine vinegar
- 5 ml (1 tsp) salt
- 2 cinnamon sticks
- 1 piece (5 cm/2 inches) fresh ginger, peeled and cut into chunks

Preparation:

1. On a 15-cm (6-inch) square of cheesecloth, combine cloves and allspice. Tie cloth into a bundle.
2. In a large saucepan over medium heat, combine watermelon rind, sugar, vinegar, salt, cinnamon sticks, ginger and spice bundle. Bring to a simmer and cook for 1 hour or until watermelon rind is tender. Allow watermelon to fully cool in liquid. Remove and discard spice bundle, cinnamon sticks and ginger. Store in an airtight container in the refrigerator for up to a month.

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PROPER BUSINESS CARD ETIQUETTE

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

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How does one appear international toward other cultures without actually ever travelling? This is actually easier than you may think.

I'm here in Shanghai, China, and as I observe international culture one thing is evident: local knowledge is power!

In North America and many parts of Europe the business card is not seen as anything of importance, but merely a paper document to facilitate the exchange of business contact details. However, in Asian countries, business cards are considered an exchange of something important, personal and meaningful between two people.

Within Asia it is correct and commonly practiced by everyone to hand your business card to others in the following fashion.

1. When presenting your card, always use two hands to hold it.
2. When receiving a business card, always use two hands to receive it.
3. Once you receive a business card, always look at the card. Remember this is considered important, so you should honour the person giving it to you by reading it.
4. Hold onto the card and never just discard it. Keep the business card either in your hand or visible on a desk while you are speaking with the person who gave it to you.

ISTOCK

▶ In Asia, the correct way to present your business card is by holding it with two hands.

So now how does this knowledge relate to you in Canada? Firstly, if someone hands you a business card in this fashion you will know what to do. But more importantly, people will have a positive impression of you, your worldly knowledge and your respect for other cultures.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

DATING ECONOMICS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Someday, your financial situation will impact the future of your life partner. So, let's face it; no one wants to date a financial dope.

Bad financial habits such as debt and poor spending patterns reflect a person's values and indicate whether they care about their financial future.

Irresponsible money management is a huge irritant for people who are dating; one person might feel pressured into paying for everything or they may sense their partner isn't committed to a long-term financial plan. This leads to resentment, not butterflies.

It's ultra-sexy to date someone who doesn't tow monetary baggage behind them and has their financial house in order.

Get organized to rid your debt. Cut up all but one credit card, list out who you owe money to and how much. Negotiate interest rates and consolidate expensive credit card balances.

Trade in your $3 Italian soda for a free glass of water so you can pay a little extra on the highest interest rate debt. If you're severely overextended with your house or car, downsize both. If you can't keep up with payments, see a credit counsellor.

I don't suggest steering clear of dating while you're reducing debt and growing investments. Rather, put together a responsible money management plan that shows you care about your future. You'll feel much better about yourself so that you can be more yourself when you're in dating mode. **FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA**

Keeping it in the family

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

How would you like to have a $500,000 loan outstanding and be in doubt about ever getting it back? Add in the fact that family members are involved and you have a recipe for financial and relationship disaster.

This is exactly what is facing a couple who wrote to me last week. The loan in question was to their daughter and son-in-law to buy a home.

Recently the daughter quit work to become a stay-at-home-mom. As a result, they can't afford the loan payments and want to "renegotiate."

Just imagine the acrimony that this loan has birthed. Mom and dad need the income from the loan. The kids are looking for payment relief. Mess.

Many financial experts counsel against lending money to kids, parents or siblings. In a perfect world, I would agree. However, deserving people often can't get loans for legitimate purposes.

Perhaps they have a short credit history, are self-employed or have experienced job loss or illness.

I won't tell you not to lend money to family members, but keep it businesslike. You will be doing everyone concerned a favour. Here are some guidelines:

1. Know the reason. As the lender you have the right to ask about the purpose of the loan. If you are uncomfortable with where the money is going, keep it in your wallet.

ISTOCK

▶ Alison's money rule: You can make family loans work if you are strict about the conditions.

2. Assess affordability. The borrower should draw up a budget proving they can make payments. The lender must ensure they can afford to lend the money and do without the income if the borrower defaults.

3. Put it on paper. A signed agreement should detail principal, interest, payments and the term. For a house purchase, have a legal mortgage drawn up which gives you recourse if payments aren't made.

4. Get post-dated cheques or set up a separate bank account with an automatic transfer of payments from the borrower. None of this protects you from a family loan gone wrong, but at least you'll have done your best to ensure both sides are clear about the terms. **ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.**

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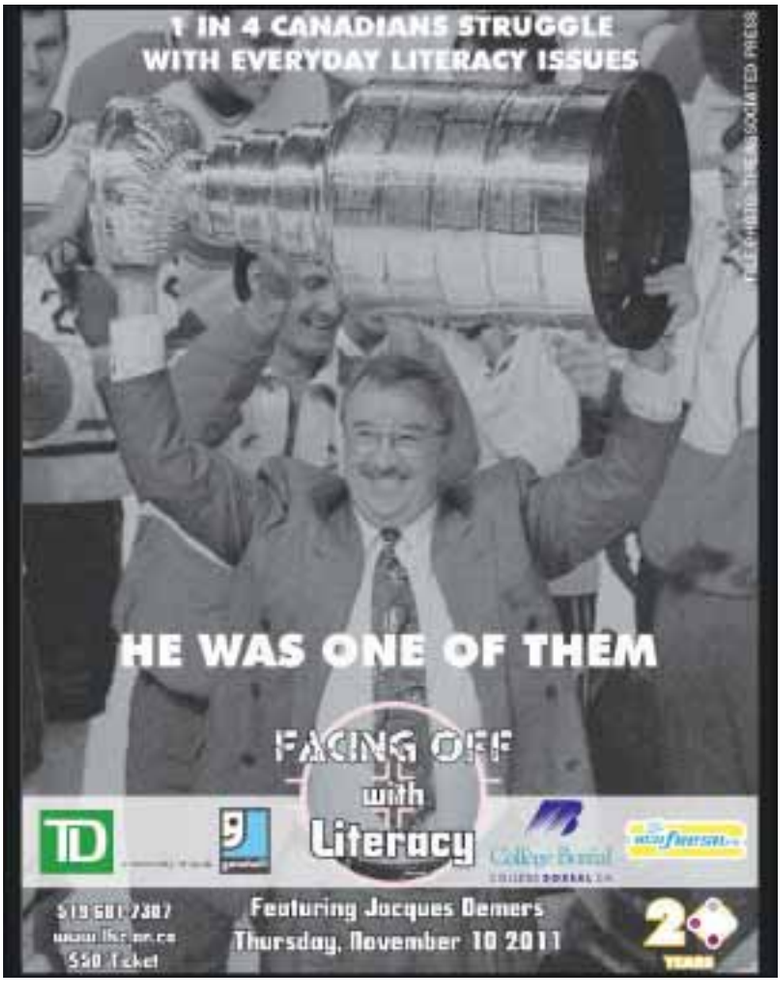
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20 YEARS

La Russa goes out on top

Cardinals manager announces retirement three days after winning World Series

JAMIE SQUIRE/GETTY IMAGES

▶ Tony La Russa, seen here in the dugout during Game 7 of the World Series, is retiring.

Tony La Russa retired as manager of the St. Louis Cardinals yesterday, three days after winning a dramatic, seven-game World Series against the Texas Rangers.

"I think this just feels like it's time to end it," the 67-year-old La Russa said at a news conference at Busch Stadium.

The World Series win over Texas was the third of La Russa's 33-year career. The manager guided the Cardinals to the championship despite being 10½ games behind Atlanta on Aug. 25 for the final playoff spot in the National League.

La Russa retires third on the all-time wins list, 35 behind second-place John McGraw. He also won world titles in Oakland in 1989 and St. Louis in 2006 and becomes the first manager to retire immediately after his club won the World Series, according to STATS LLC.

"Other than some of the personal attachments, I feel good," La Russa said. "I feel good that this is the right decision."

La Russa said there wasn't a single factor that led to his decision, but he began having doubts about returning for 2012 midway through the season. In late August he told general manager John Mozeliak and other team officials.

La Russa said the timing of those discussions — about the time the Cardinals appeared to be out of wild card contention before their miraculous run — was pure coincidence. He said he simply felt it was time to go, a feeling that didn't change even as the Cardinals squeaked into the playoffs on the final day of the season, then upset the Phillies, Brewers and Rangers.

He spoke with little emotion at the news conference with one exception, when he paused to compose himself as he thanked his wife, Elaine, and two daughters for putting up without him over much of the past 33 years. But he did say his meeting with players after Sunday's parade and celebration was short but emotional.

"Some grown men cried," La Russa said, then he joked, "I kind of liked that because they made me cry a few times."

Mozeliak said the search has begun to find a new manager for the first time since La Russa was hired prior to the 1996 season.

La Russa answered flatly, "No," when asked if he'll ever manage again. He also said he had no plans to be a general manager, but said he is open to some sort of baseball job in the future.

"Maybe open a book store," he said.

La Russa was a .199 hitter in a brief major league career. He began as a manager with the Chicago White Sox in 1979. He guided the Oakland A's to three straight American League pennants in 1988-1990 and the 1989 World Series title over the Giants.

La Russa was hired by the Cardinals in October 1995, soon after the new ownership group purchased the team from Anheuser-Busch. His impact was immediate — the Cardinals won the NL Central and came within a game of going to the World Series in 1996, losing to the Atlanta Braves.

Overall, St. Louis went to the playoffs nine times in La Russa's 16 seasons, won pennants in 2004, 2006 and this year, and won two championships, over Detroit in 2006 and this season, rallying to win the final two games over Texas.

THE ASSOCIATED PRESS

4 sports

Quoted

"There was absolutely nothing racist about Raffi and his wife's costumes. Raffi is a huge fan of Jay-Z and his wife loves Beyoncé. It was a Halloween party."

A STATEMENT FROM THE PHOENIX COYOTES, DEFENDING FORWARD RAFFI TORRES, ABOVE. TORRES IS BEING CRITICIZED FOR WEARING BLACKFACE WHILE DRESSED AS RAPPER JAY-Z AT A HALLOWEEN PARTY.

Crosby won't be back until Nov. 11 at earliest

It's a no go for Sidney Crosby this week.

And there's still no hint when the NHL's marquee star will make his long-awaited comeback.

Yesterday, Crosby ruled himself out of playing in either of the Pittsburgh Penguins' games this week, meaning the earliest he could return from the concussion that has sidelined him since January is Nov. 11.

4 The Penguins will practise as many as four times each this week and next after playing 13 games in 24 days to start the season.

It might not be possible for Crosby to play that soon, either, even though that date has been the most mentioned when those around the NHL speculate about the Penguins captain's return.

While Penguins coach Dan Bylsma raved about how well Crosby is practising — he said it's at a superstar level — he cautioned that Crosby's injury recovery still isn't nearly complete. Most of all, Bylsma said, Crosby needs further contact work in practice.

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This pristine, black 4 speed Automatic with Chrome package HUMMER is a steal! Female Driven, a low milage of 18,000 kms Asking $35,900 - Call Ryan @519.851.0081

REAL ESTATE

Houses For Sale

Country Living in the Heart of London
3035 Westminster Dr, London $369,500
Well built, brick home, with 3+1 bedrooms, a large lot (75 x 270), detached, 2.5 car garage/workshop, all on a beautifully landscaped property. This home is situated in a great neighborhood, just south of the 401, off Wellington Road. It has been years since a property has been up for sale in this area, so don't delay and call for a viewing.
Call 519 686 1447

Commercial Real Estate

Shop Rental-Dorchester, 260 Hamilton Cr. unit 4 1000 sq. ft. Call 519-617-1573

RENTALS

Condos, Townhouses & Duplexes Unfurnished

NORTHBROOK VILLAGE HOUSING CO-OP
COMMUNITY INFORMATION NIGHT
Wednesday, November 09 2011 @ 7:00pm
#31-2081 Phillbrook Dr.(Adelaide St.N)
Join us to learn more about affordable co-op living in desirable North London.
2 and 3 bedroom Family Town Homes.
Close to schools and shopping.
Call 519-660-4097 for further information.
No Subsidy Available

Apartments Unfurnished

1st month free! - Dundas & Hale
3 Story Walk-up
1bdrm $ 590 +hydro / 2 bdrm $675 + hydro
mostly hardwood floors/controlled entry/close to park/bus route & amenities!
Available Immediately. Call 519-672-8320

Rooms Furnished

Furnished Room with own bath, TV, & shared living. Parking, laundry included. Student or working lady. First only $400 Call Kathy at 519-681-9035

MERCHANDISE

Antiques & Art

Antique Punch Bowl Set
Glass with ladle, 8 cups.
$ 10.00
(519) 681-5587

Antique Punch Bowl Set
Glass with ladle, 8 cups.
$ 10.00
(519) 681-5587

Merchandise for Sale

2 pair new levi boot cut Orange Tag Jeans
Men size 36 Waist- 34 leg
$50.00 for both
(519)453-8798

4 IBEX FLANNEL SHEETS QUEEN SIZE
New still in package
$10.00 each
519-453-8798

Aluminum Interior banner pole 9' with base and brackets mint condition
asking $90.00
Please call **(519)473-1091**

Merchandise for Sale

DISHWASHER
$65.00 OBO
519-719-8028

FREE TV
Sony 21" Big &Old
Works Perfectly
(519)686-8250

FREEZER FOR SALE
White in color, good condition
$70.00 OBO
519-266-7172

FRIDGE FOR SALE
$85.00 OBO
White in color. Good condition
519-266-7172

Holmes Cool Mist
Humidifiers Table Top Model
$22
Call 519-453-8798

Holmes Cool Mist
Humidifiers Table Top Model
$22
Call 519-453-8798

Igloo Cooler
Large in good condition,
$ 5.00
(519) 681-5587

Igloo Cooler
Large in good condition,
$ 5.00
(519) 681-5587

Ladies 3/4 length coat.
Can be dressy or casual In mint condition
Made by London Fog. $30.00 .
(519) 681-5587

Ladies 3/4 length coat.
Can be dressy or casual In mint condition
Made by London Fog. $30.00 .
(519) 681-5587

Ladies Black Wool Winter Coat
worn once Size 5-7
Excellent Condition Knee Length
$50.00 (519)672-8951

Ladies blazers, never been used, made by Bianca Nygard, size 12 P.
$ 15.00 each.
(519) 681-5587.

Ladies blazers, never been used, made by Bianca Nygard, size 12 P.
$ 15.00 each.
(519) 681-5587.

LEATHER LOVE SEAT
Tan in color, good condition
Asking $75.00 OBO
519-266-7172

Mens Shirts Size Large
Mens pants size 36W - 30L
$4 each Pants and $3 each shirts
519-453-8798

Merchandise for Sale

MENS MOUNTAIN BIKE FOR SALE
$40.00 OBO
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metroclassifieds.ca
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Mini Indoor Lights
multi colour & clear ones.
$2.00 each
(519) 681-5587

Mini Indoor Lights
multi colour & clear ones.
$2.00 each
(519) 681-5587

Necklace Gold Plated
Approx 18"
$25.00
519-672-8951

Pearls Necklace and Earrings
New
$20.00
519-672-8951

Princess Diane
Kate Engagement Ring
Size 5 NEW Silver
519-672-8951

WALKER for sale
2 wheels, with basket, good condition
Asking $65.00 OBO
519-266-7172

Wine Glasses
pure crystal brand new
8 pcs. $ 16.00
(519) 681-5587

Wooden Shoes!
Mens size 10/11
$25
Call 519-453-8798

Wooden Shoes!
Mens size 10/11
$25
Call 519-453-8798

PETS

Dogs

Shelties 8 weeks, males & females, CKC registered, Vet Checked, $600 Call 519-287-3327

PERSONALS

Personals

LET'S TALK MAN-TO-MAN
If you're a man who's had sex with a man we want to hear what's on your mind. Be part of our confidential survey and help us build a healthy community. Call us toll-free: 1-855-846-MALE (6253) Learn more at malecall.ca

SERVICES

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Does your parrot talk too much?

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HOUSEHOLD SERVICES

General Services

Do you suffer from knee pain?

Join a clinical research trial to evaluate the effectiveness of an investigational natural health product on symptoms associated with knee pain.
Contact us now!
See if you qualify.
Participants will be compensated up to $300.00
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clinic@kgksynergize.com
www.kgkclinic.com
KGK synergize

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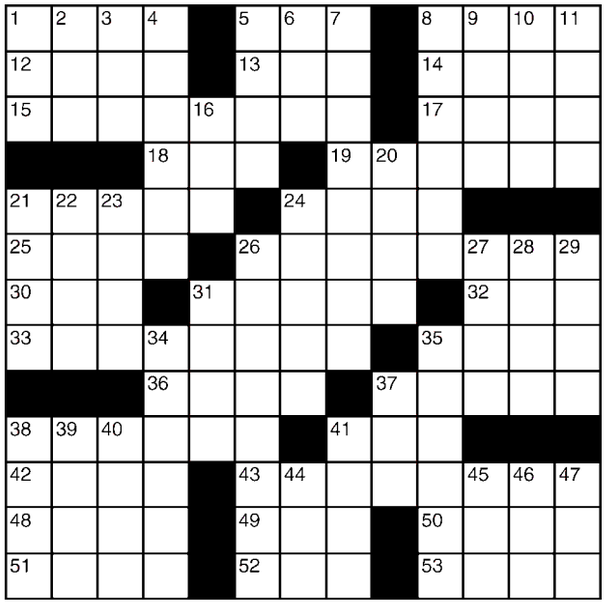
Crossword



Across

1 Grand tale
5 Sprite
8 Hindu princess
12 Surrealist Joan
13 Alt. sp., in crosswords
14 — out (supplemented)
15 Herd's headlong rush
17 String instrument
18 Chaps
19 Climb a pole, perhaps
21 Be philanthropic
24 Brogan or oxford
25 Adolescent
26 Glasses, often
30 Piercing tool
31 Foolish person, slangily
32 Scarlet
33 Incentive
35 Make one's way
36 Oodles
37 Substantial
38 Oats-nuts-fruit mix
41 Fix the soundtrack
42 Eye part
43 Tripped
48 Indira's wrap
49 Youngster
50 Simple
51 Staff leader?
52 Tofu source
53 Memorization method

Down

1 Type measures
2 Foxhole
3 Savings acronym
4 Usual
5 Tied
6 Boy
7 Rejuvenates
8 Critic's write-up
9 Related (to)
10 Night light?
11 Without acting
16 Church seating
20 Comfortable, as accommodations (Var.)
21 Greek vowels
22 Mr. Gingrich
23 Sandwich shop
24 Portly
26 Helpless ones?
27 Vicinity
28 Landlord's due
29 Vortex
31 Seabird
34 Mountain range
35 Andrew Lloyd —
37 Silent
38 Uncategorizable (Abbr.)
39 Kazakhstan river
40 Ireland
41 Responsibility
44 Also
45 "7 Faces of Dr. —"
46 Superlative ending
47 Colouring agent

▶ Yesterday's answer

H	I	M	■	J	A	M	A	L	■	M	O	B
E	R	A	■	O	R	A	T	E	■	A	B	A
M	A	R	I	A	C	H	I	S	■	R	O	T
■	■	■	D	N	A	■	L	I	L	I	E	S
D	E	M	A	N	D	■	T	O	U	T	■	■
E	T	A	■	A	I	M	■	N	A	I	A	D
M	A	R	S	■	A	R	C	■	U	M	B	O
I	L	I	A	C	■	S	O	B	■	E	L	L
■	■	N	I	L	S	■	M	O	R	S	E	L
I	T	A	L	I	C	■	B	O	K	■	■	■
B	A	D	■	M	A	R	I	G	O	L	D	S
I	R	E	■	B	L	I	N	I	■	Y	E	S
S	O	S	■	S	E	D	G	E	■	E	W	E

Sudoku

3			1		2			
1	6						9	7
	8			6		4		
	4		9	7				2
		3				7		
9				5	3		8	
		2		9			7	
4	5						6	8
			5		6			4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	6	3	9	4	8	5	2	7
7	2	4	5	3	1	8	6	9
9	5	8	7	2	6	1	3	4
5	8	9	2	1	4	6	7	3
3	1	2	6	9	7	4	8	5
6	4	7	8	5	3	9	1	2
2	7	5	1	6	9	3	4	8
8	3	6	4	7	5	2	9	1
4	9	1	3	8	2	7	5	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Samantha L. Jackson, I know you are well, and doing great. Was thinking of you, as I do everyday. Love you greatly~
VANCOUVER-EX

Christian, Here's to two years of pure bliss. Thank you for all the late nights you stayed up just to chat with me. I love you more than anything in this world. I know that you will always be the one who brightens my day.
YOUR LITTLE SHISHI

MoonGal, Ever since I have seen you, I knew you are the most beautiful woman on this universe. I easily get hypnotized by your look. That smile of yours is the reason why I keep shining everyday. Love you always n forever. Don't ever be sad, Keep glowing:)
THE SUN

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 What you are being offered may be tempting but think carefully before accepting.

♉ Taurus April 21-May 21 Act as if you own the world today, and everyone will believe that you do.

♊ Gemini May 22-June 21 You will get the chance to make a breakthrough of some kind over the next 24 hours.

♋ Cancer June 22-July 22 You seem remarkably confident at the moment and creatively and professionally there is precious little you cannot do. Select your most important goal and focus on it.

♌ Leo July 23-Aug.23 No matter what you have done wrong you will be forgiven — provided you hold up your hand and admit your mistake.

♍ Virgo Aug. 24- Sept. 22 The more you socialize the more you achieve.

♎ Libra Sept. 23-Oct. 23 You worked hard for what you earned – it's OK to work hard spending it too.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time trying to get other people's approval for your plans.

♐ Sagittarius Nov. 23-Dec. 21 Your mind builds your future.

♑ Capricorn Dec. 22-Jan. 20 There are lots of people who share your vision — so why not share the workload too?

♒ Aquarius Jan. 21-Feb. 18 You will surprise a few people today by how well you deal with challenges of one sort or another.

♓ Pisces Feb. 19-March 20. You are in no mood to let other people dictate what you can and cannot believe in, and that's good because some of your ideas are so controversial the powers that be may get upset.

SALLY BROMPTON

Caption contest

RALPH ORLOWSKI/GETTY IMAGES

ROB O'NEAL/AP-FLORIDA KEYS NEWS BUREAU

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Brian Finch
Founder
Finch Auto Group

Hello London, my dealership, Finch Chevrolet Cadillac Buick GMC is under construction!! We are in the process of building a state of the art facility to serve you better. For the next 8 months we will be operating out of the old Price Chopper grocery store directly across the street from the dealership. We have filled this temporary location with new and pre-owned cars, trucks, minivans and SUVs and we have reduced all pricing for this huge warehouse sale.

SEE FINCH FIRST and save big today!!

2010 CHEVROLET IMPALA LT

LT PACKAGE, REMOTE START, XM RADIO, ALUMINUM WHEELS, 211HP V6, BLUETOOTH, ABS, AND MORE.

84 MONTHS @ 6.99%, $0 DOWN
$119 BIWEEKLY

SALE $14,988 +HST

2012 CHEVROLET CRUZE

CANADIAN CAR OF THE YEAR! INCLUDES AIR, POWER PACK, XM RADIO, ONSTAR AND MORE.

48 MONTH LEASE @ 2.8%,
20,000 KM/YR, $0 DOWN, $275/MONTH +HST $19,434 +HST

2011 CHEVROLET MALIBU PLATINUM

NICELY EQUIPPED WITH HEATED LEATHER/SUEDE SEATS, CHROME WHEELS, REMOTE START, 170HP 4CYC, BLUETOOTH, AND MORE.

84 MONTHS @ 6.99%, $0 DOWN
$149 BIWEEKLY

SALE $18,988 +HST

2011 CHEVROLET SILVERADO CREW

WELL EQUIPPED WITH POWER PACKAGE, BLUETOOTH, LOCKING DIFFERENTIAL, TRAILERING PACK, ONSTAR, CHROME WHEELS AND MORE.

84 MONTHS @ 3% VAR,
0% DOWN, $179 BIWEEKLY $25,988 +HST

2010 DODGE GRAND CARAVAN

SE PACKAGE WITH STOW AND GO SEATING, POWER PACKAGE, CRUISE, ABS, TRACTION CONTROL, AND MORE.

84 MONTHS @ 6.99%, $0 DOWN
$134 BIWEEKLY

SALE $16,988 +HST

2011 CHEVROLET EQUINOX

LOADED WITH POWER PACK, 17" ALUMINUM WHEELS, BLUETOOTH, KEYLESS ENTRY, CRUISE, ONSTAR, AND MORE.

84 MONTHS @ 2.49%,
$0 DOWN, $193/BIWEEKLY $27,890 +HST

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